

Objective 18: Increase Access to Healthy Food

Maryland SHIP Vision Area 3: Healthy Physical Environments
Tools, Resources, and Promising Practices
updated March 2012



Information, Facts and Figures

[USDA Report to Congress on Access to Healthy Food](#)

A report from the US Dept of Agriculture (160 page PDF): "Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences, Report to Congress, June 2009"



[The Community Guide—Promoting Good Nutrition](#)

Provides information and tips for promoting healthy food and good nutrition.



[The Food Trust](#)

The Food Trust, a Philadelphia-based non-profit, has developed a comprehensive approach that combines nutrition education and greater availability of affordable, healthy food.



[Healthy Corner Stores Issue Brief from The Food Trust](#)

Current issue brief from the The Food Trust, on connecting corner stores with locally available healthy foods.



[Community Food Projects Competitive Grant Program \(CFPCGP\)](#)

The USDA's Community Food Projects Competitive Grant Program (CFPCGP) has existed since 1996 as a program to fight food insecurity through developing community food projects that help promote the self-sufficiency of low-income communities.



[Examples of school-based nutrition interventions](#)

A list of examples of school-based nutrition interventions
NOTE: The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of multi-component school-based nutrition interventions in increasing fruit and vegetable intake and decreasing fat and saturated fat intake among school-age children.



Maryland Services and Hotlines

[Baltimarket -Virtual Supermarket Program](#)

An online grocery ordering/delivery system that helps to bring food to neighborhoods with little access to healthy foods and where vehicle ownership is low. Orders are placed online and food is delivered to libraries or a school with no delivery fee.



[Baltimore Healthy Stores Project](#)

A store based intervention that encourages storeowners to stock fruits, vegetables, whole grains, and other healthy foods, educates consumers about nutrition, and uses signage to identify healthy choices.



[Maryland Farmers Markets](#)

Resources for locating nearby farmers markets in Maryland.



Promising Practices

[Baltimore Food and Faith Project](#)

Eating for the Future, The Baltimore Food and Faith Project was launched in 2007 by the Johns Hopkins Center for a Livable Future. Partnering with faith communities, religious schools, farmers, and other organizations, the project addresses issues of environmental stewardship, social and economic justice, health and nutrition, hunger and community food security, and animal welfare.



[Real Food Farm – Connecting Baltimore to Real Food](#)

Youth community service and skills training program at its core, the Real Food Farm program is an innovative urban agricultural enterprise engaged in growing fresh produce on six acres of land in Clifton Park in northeast Baltimore.



[The Pennsylvania Fresh Food Financing Initiative](#)

A statewide public-private financing program in Pennsylvania designed to attract supermarkets and grocery stores to underserved urban and rural communities.



[Food Retail Expansion to Support Health \(FRESH\)](#)

Located in NYC, this program offers zoning and financial incentives to promote development of new full-service food stores and renovation of existing stores in areas that lack fresh food access. These stores provide customers with a full range of products, with an emphasis on fruits and vegetables.



[“Healthy Bodegas” Initiative](#)

The NYC Health Department’s Healthy Bodegas Initiative helps citizens work with local corner stores to increase healthy offerings, like fresh fruits and vegetables, whole grain bread, low-fat milk, and low-salt and no-sugar-added canned goods. Its Adopt-A-Bodega program provides people and community organizations with the tools and support necessary to build relationships with bodegas and show community interest and demand for healthy foods.



[Los Angeles’ Obesity Prevention Motion](#)

The Los Angeles School District has made several motions to improve school nutrition policies. The obesity prevention motion sets nutritional standards for food sold at school sites, such as vending machines and school stores. The initiative also includes expanding the variety, visibility, and accessibility of healthy food at these sites while eliminating any contracts made with fast-food companies.



[NYC’s “Health Bucks” Program](#)

Health Bucks, developed by the NYC Dept of Health, is a financial incentive program to incentivize the purchase of fresh fruits and vegetables at participating farmers’ markets in low income areas. At these markets, food stamp-eligible consumers receive a \$2 Health Buck for every \$5 in EBT spent at the farmers’ market—effectively a 40% increase in purchasing power.

